



馬鞍山聖若瑟小學

學生能夠擁有健康的身心靈，是教育工作者的素願。我們制定有系統的計劃，循序漸進地向學生及家長推廣健康生活。除了在課程滲入健康元素，我們更利用每週兩次早會時間，由「紅帽隊」成員協助老師帶領全校學生做體操，培養他們運動的良好習慣。我們還以「水！你今早飲左未呀？」為口號，鼓勵學生在運動後多喝開水，成為此集體運動的一大特色。對於那些較缺乏運動的小胖子，體育老師特別為他們度身訂造「你我都fit」計劃，期間同學要提早上學，進行連串體能活動，希望他們更關注個人健康。

此外，我們亦為家長安排一系列活動，如在「親子同樂齊齊跳」中，邀請數百位家長與子女一同共舞。另外，「跑出彩虹」親子計劃則善用我們的社區設施—馬鞍山運動場，安排家長與子女每天早上到運動場跑步健身，亦讓他們認識社區的健康設施。我們希望透過家長的參與，加強我們在推動健康文化上的能量，共同為下一代的健康而努力。

Ma On Shan St. Joseph's Primary School

Enable students to be physically, mentally and spiritually healthy should be the mission of an enthusiastic educator. Various programmes are conducted to promote healthy living among students and parents step by step in our school. In addition to introduce health elements into the curriculum, students from the "Red Hat Team" would assist teachers to lead the whole school students to do exercise in the assembly twice a week which would help students to develop the habit of doing regular exercise. "Did you drink water this morning?" is another programme which further promotes drinking water after doing exercise. For those overweight students who are with insufficient physical exercise, our PE teachers designed a specific exercise programme, in which students had to go to school earlier than usual to complete a series of physical training under teachers' instruction.

We are aware of the importance of parent education so we planned various types of health promotion activities for the families. For instance, few hundreds of parents were invited to dance with their kids in a dancing activity. In another exercise programme, we utilized one of the facilities in our community - Ma On Shan Sports Ground, where parents could do exercises with their kids every morning. As well, participants could learn different types of community facilities from the programme. With the active participation of the parents and collaboration with the families, we are much empowered to continue developing a healthy culture for our younger generation.

